

# Dietary Guideline #3

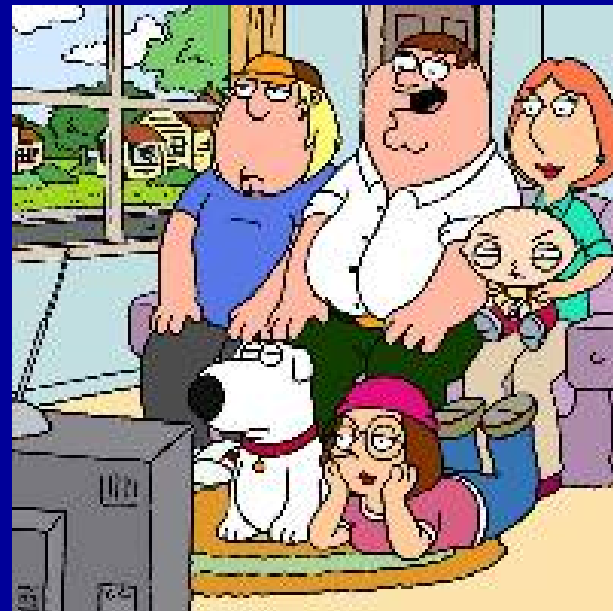
## Physical Activity



Are you getting enough???

# How much are we exercising?

- In 2003, 38% of students in grades 9-12 viewed television 3 or more hours per day.
- Is that a lot?



# Key Recommendations for Teens

- It is recommended that teens be physically active at least 60 minutes a day above usual activities at home or school.



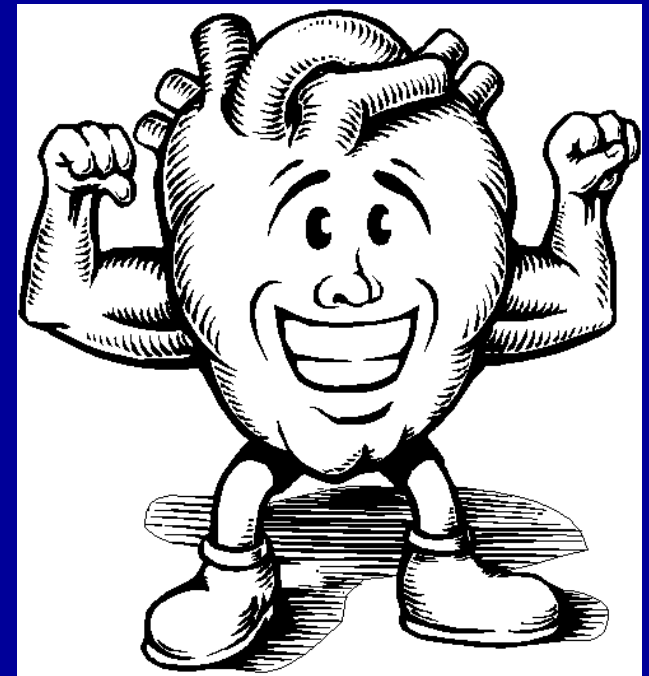
# Key Recommendations for Adults

- It is recommended that adults be physically active at least **30-60** minutes a day above usual **activity** at home or work.



# Benefits of Physical Activity

- Exercising regularly helps maintain a healthy weight.
- Regular physical activity helps reduce risks of high blood pressure, stroke, Type 2 Diabetes, colon cancer and osteoporosis.



It's important to set  
aside a specific time  
to fit exercise into our  
busy schedule.

